



JAYPEE UNIVERSITY OF INFORMATION TECHNOLOGY
WAKNAGHAT, P.O. – WAKNAGHAT,
TEHSIL – KANDAGHAT, DISTRICT – SOLAN (H.P.)
PIN – 173234 (INDIA) Phone Number- +91-1792-257999
(Established by H.P. State Legislature vide Act No. 14 of 2002)



REPORT ON DANCE THERAPY SESSION – SEPT 15, 2025

Team Mental Health Aspects has organized a Dance Therapy Session successfully on Monday, September 15, 2025 during 5pm-5.30pm in the Auditorium.

The event was organized to promote relaxation, stress relief, and overall well-being among students.

The session witnessed enthusiastic participation from students across all departments and all years.

Students expressed that the session helped them release stress, improve mood, and feel more active. The short yet impactful program concluded with positive feedback, encouraging the committee to plan similar wellness activities in the future.

Brig (Retd) RK Sharma (Registrar), Dr Neelkanth (Chief Warden), Dr Gopal Bisht (Faculty Disciplinary Committee), Dr Neena Jindal (Faculty Disciplinary Committee), Dr Amit Srivastava (Coordinator Mental Health Aspects), Dr Ranjith Kallayni (Faculty Mental Health Aspects), Ms Aman (Psychologist Counsellor) were present during the session.





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